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IN THE ABSTRACT OF THE DISCLOSURE:

A³ [0059] A storage media comprises: a substrate comprising ~~at least one~~ a plastic resin portion, wherein the plastic resin portion comprises poly(arylene ether) and a styrene material selected from the group consisting of polystyrene, styrenic copolymer(s), and reaction products and combinations comprising at least one of the foregoing styrene material(s), and ~~at least one~~ a data layer on the substrate. The data layer can be at least partly read from, written to, or a combination thereof by ~~at least one~~ an energy field. Additionally, when the energy field contacts the storage media, the energy field is incident upon the data layer before it could be incident upon the substrate.